



Build a Healthy Breakfast

Professional Standards: Operations - Serving Food (2220 Offer vs Serve)

Webcast

[Build a Healthy Breakfast](#) – 14 minutes

Provides an overview of the meal requirements for the School Breakfast Program, the difference between components and items, explanation of Offer vs. Serve, and practice identifying a reimbursable meal.

Activities

- Use food models or print off food pictures from [Western Dairy Association](#). Cafeteria trays will make the activity more realistic. Divide staff up into groups of 4-5 and provide each group a tray and food items. Have them create different meal options and report out to the large group.

Quiz

The quiz questions can be completed as group, in pairs, or individually as a way to reinforce concepts learned.

1. Which of the following are required components that must be offered to make a reimbursable breakfast?
 - a) Meat/Meat Alternate
 - b) Fruit
 - c) Vegetable
 - d) Grain
 - e) Milk

Fruit, grain, and milk are the required components that must be offered. Meat/meat alternate can be counted as an item with the grain component, but a grain still needs to be offered. A vegetable can counted at an item with the fruit component requirement.

2. At least four items must be offered at breakfast. Students must select at least 3 food items with one being at least ½ cup of fruit or vegetable, however students are allowed to select all 4 items served. True or False.

True!

3. Which of the following servings does not count as a fruit or vegetable item on a tray with no other fruit and vegetable item choices?

- a) ½ cup orange slices
- b) 1 cup apple juice

¼ cup of strawberries Minimum serving size is ½ cup.

- c) ½ cup of tomato juice

4. Which of the following are ways to encourage students to select a reimbursable meal?

- a) Post school breakfast menus that list daily items that are part of a meal
- b) Ensure staff understands which items make a meal and can assist students in making a meal
- c) Post signage and have attractive displays to promote the selection of fruit

- d) All of the above

Additional Build a Healthy Breakfast Trainings and Resources

[If this Breakfast Reimbursable? Interactive On-line Activity](#) – Massachusetts

[What's for Breakfast? Serving Line Set Up Interactive On-line Activity](#) – Massachusetts

[Offer vs. Serve in Breakfast Presentation Slides](#) – Washington Office of Superintendent of Public Instruction Child Nutrition Service

[Menu Planning for School Breakfast Handout](#) – Connecticut Department of Education

[School Breakfast Reimbursable Meal Signage](#) – Iowa Department of Education

[What Makes a School Breakfast Handout](#) – Ohio Department of Education

[Breakfast at a Glance Handouts](#) – Oregon Department of Education